

## Energy Management

Whether you're a seasoned pilot or a student building your skills, mastering how to manage the relationship between altitude, airspeed, and aircraft performance is key to flying safely and efficiently. In this session, we'll explore: the fundamentals of potential and kinetic energy in flight, techniques for managing energy during different phases of flight, and how to optimize energy to enhance aircraft performance and safety. We'll also review real-world scenarios to demonstrate effective energy management in challenging situations, ensuring you leave with practical strategies you can apply immediately in your flying.

Upon entering Atlantic Aviation's main general aviation terminal, take a right. The Atlantic Aviation conference room is located immediately to your right on the lower level.

### A message from the National FAASTeam Manager

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### Event Details

**Wed, Oct 30, 2024 at 17:00 EDT**

**FlightGest Academy / Atlantic Aviation Conference Room**

1750 E International Drive,  
Morrisville, North Carolina  
Room 100

Morrisville, NC



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**FPM DAN KELLY n/a**

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